

FREE COMMUNITY PRESENTATION

Skin Cancer Mindfulness

Guest Speaker: Johanna B. Moore, MD

Board Certified Anatomic, Clinical and Dermatopathologist

If not identified at an early stage, melanoma has a high rate of morbidity and mortality. Skin cancer mindfulness begins with knowing your risk factors and how to avoid those risk factors. Join Mission Hope Cancer Center in welcoming Dr. Moore as she shares her expertise on melanoma, and how her vital work as a dermatopathologist helps treating physicians decide on the best course of treatment for a melanoma diagnosis.

Thursday, January 16, 2020

5:00 to 6:30 p.m.

A LIGHT MEAL WILL BE SERVED

Mission Hope Cancer Center, Conference Room

1325 East Church Street, Santa Maria

Reservations are required; please call 805.219.HOPE (4673)



Johanna B. Moore, MD

Board Certified Anatomic,
Clinical and Dermatopathologist

■ Johanna B. Moore, MD, is a physician pathologist with subspecialty training in dermatopathology. After more than ten years practicing pathology and review of over 100,000 slides, she is an expert in her field, dedicated to helping her community.

Cancer Care

OUR MISSION YOUR CENTER TOGETHER FOR HOPE

January/February 2020



JANUARY IS CERVICAL CANCER AWARENESS MONTH

Have you heard the secret to cervical cancer prevention?

No? That's because there is no secret. But there are simple steps anyone can take to prevent cervical cancer: VACCINATE EARLY. SCREEN REGULARLY. LEARN THE FACTS.

Art and Cancer Awareness Event for Women

You are invited to an evening of important health related information for women. Dr. Lutman will discuss and answer your critical questions about cervical and ovarian cancer and the Human Papilloma Virus (HPV)—a common virus that can lead to certain types of cancer. Hear about ways to minimize risk and recognize early symptoms of these diseases.

Wednesday, January 15, 2020 • 5:00 p.m.

850 Fair Oaks Avenue, Third Floor Conference Room, Arroyo Grande



Christopher Lutman, MD, FACOG
Gynecologic Oncology



Cristina Martins Sinco
Ovarian Cancer Advocate/
Educator

- **What is HPV? Cervical Cancer Facts That All Women Need to Know**
Christopher Lutman, MD, FACOG
- **Learn about the Teal Journey Ovarian Cancer Foundation**
Bringing awareness to the cause of ovarian cancer through education and early detection
- **Participate in a Fun Art Project**
Perfect for a ladies' night out, crafting with friends can be therapeutic and empowering. Join us for an evening full of learning, laughter and raffle prizes!

February is National Cancer Prevention Month

Show yourself the love you deserve! Give yourself the best nutrition, make time for movement and exercise, seek spiritual connections, engage in mind-body practices and have regular screenings and check ups. Mission Hope is here to help.



Mission Hope Cancer Center Leadership

Robert A. Dichmann, MD
Medical Oncology/Hematology
Medical Director
Marian Cancer Program

Keith A. Ayrons, MD
Medical Oncology/Hematology

Erin Chamberlain, MD
Medical Oncology/Hematology

Ira E. Felman, MD
Medical Oncology/Hematology

Case H. Ketting, MD
Radiation Oncology

Samuel B. Kieley, MD
Urologic Oncology

Christopher V. Lutman, MD, FACOG
Gynecologic Oncology

Cecil Robertson, MD
Medical Oncology/Hematology

Monica A. Rocco, MD, FACS
Breast Surgical Oncology

Dustin E. Stevenson, DO
Medical Oncology/Hematology

J. Ben Wilkinson, MD, FACRO
Radiation Oncology

Jeffrey Wu, MD
Radiation Oncology

Katherine M. Guthrie
Senior Director, Cancer Services,
California Central Coast Division



Mission Hope Radiation Oncology

Congratulations

The Mission Hope Radiation Oncology department was recently awarded accreditation by the American College of Radiation Oncology (ACRO).

As expressed in their Mission Statement, “ACRO’s mission is to ensure the highest quality care for radiation oncology therapy patients and promote success in the practice of radiation oncology through education, responsible socioeconomic advocacy, and integration of science and technology into clinical practice.”

Radiation therapy is one of the most important modalities available for the treatment of cancer, and is used as part of the initial treatment in approximately one-third of newly diagnosed cancer cases. Accreditation assures that patients in need of radiation therapy receive the very finest treatment possible.

Practice accreditation is a voluntary process in which professional peers identify standards indicative of a quality practice and an audit is conducted to assure these standards are followed providing for the safe and effective practice of radiation oncology. Our Radiation Department has a staff of doctors, a physicist, a dosimetrist, radiation therapists, medical assistants and office staff and two state-of-the-art linear accelerators.

Mission Hope Cancer Center Department of Radiation Oncology has the expertise and technology to provide a wide range of treatments for the Central Coast community. The services available at MHCC Radiation Oncology range from standard-of-care level treatment for the most common types of cancer to the latest advancements in radiosurgery and surface-guided and image-guided radiotherapy. The combination of significant investment in equipment and expertise allows MHCC Radiation Oncology to offer the safest and most advanced treatment options available to the local community.

For certain types of cancer, MHCC is able to utilize the latest in surface-guided technology to ensure safer and more effective treatment deliveries. An example is being able to treat patients with left breast cancer while minimizing the radiation dose to the heart. In addition, MHCC is able to use the advanced imaging and surface-guided technologies to deliver advanced stereotactic body radiotherapy treatments for some patients to reduce the number of treatments required and increase overall treatment effectiveness.

All of this expertise and technology combine to provide world-class treatment options for patients locally. We are proud that this ACRO accreditation joins a long list of accomplished cancer accreditations at Mission Hope.

Help deliver hope to local cancer patients...

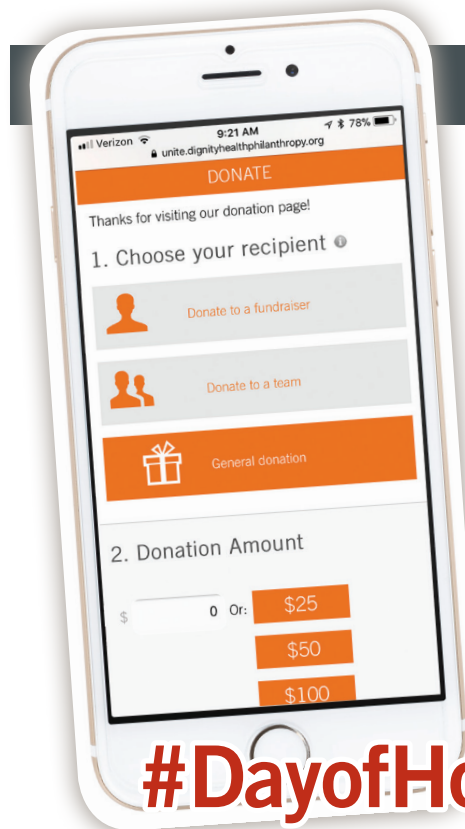
Day of Hope

Wednesday, April 8, 2020

Give to Day of Hope

Give hope to local cancer patients and their families by making a meaningful gift for Day of Hope. Whether it is a gift made in honor of a patient, favorite caregiver, family member or a gift made in memory of a loved one, your support can have a tremendous impact on the Central Coast. As always, every dollar will directly benefit Marian Cancer Care patients at Mission Hope Cancer Center.

Cancer not only affects those with the disease; it affects an entire community. Join hundreds of neighbors from Santa Maria, Nipomo, Orcutt, Lompoc, and Santa Ynez as we sell \$1.00 Day of Hope *Santa Maria Times* newspapers on Wednesday, April 8, 2020. You can get involved by organizing a team, purchasing newspapers, or making a donation to support the cause. For inspiring Day of Hope patient stories, please see our website: www.missionhopecancercenter.com



Fundraise for Your Team!

Invite others to join you in sharing hope before April 8. Through using our team fundraising feature, you will be able to invite friends and family to donate to your team directly.

How can you use this?

1. Visit supportmarianmedical.org/dayofhope to claim your team page
2. Post to social media, e-mail, or text your personalized team website to friends and family asking for their support

Get a head start on your team's path to being #1 in our friendly competition! Top fundraising teams will be honored at the Day of Hope Celebration.

1400 East Church St., Santa Maria, California 93454 | 805.739.3595 | supportmarianmedical.org/dayofhope



Arash Asher, MD

Dr. Asher is board certified by the American Board of Physical Medicine & Rehabilitation and Hospice and Palliative Medicine

■ Dr. Asher leads an emerging movement in cancer care. As director of Cancer Survivorship and Rehabilitation at The Samuel Oschin Comprehensive Cancer Institute, he runs a dynamic clinic for patients and survivors. In pursuit of that goal, Dr. Asher has integrated a number of innovative cancer rehabilitation programs, including art therapy, personalized exercise regimes, and novel cognitive rehabilitation for “chemobrain.”

Roadmap to Resilient Living after Receiving a Cancer Diagnosis

All patients and caregivers are invited to attend this free community event

Featured speaker: Arash Asher, MD

Director, Cancer Rehabilitation and Survivorship, Cedars-Sinai Medical Center

Mission Hope and the Leukemia & Lymphoma Society are pleased to welcome Arash Asher, MD, co-developer of the program *Growing Resiliency and Courage with Cancer (GRACE)* at The Cedars-Sinai Samuel Oschin Comprehensive Cancer Institute. He will be sharing with our community strategies for coping with challenges throughout the cancer journey and building a toolbox for inner resiliency. This program will discuss:

- How to find and utilize *meaning* in the cancer experience to rise above challenging circumstances
- Apply the values of *mindfulness* and *authentic attitude* to strengthen resiliency
- Harness the *science of gratitude* and *social connectivity* to improve the mind, body and soul

MISSION HOPE CANCER CENTER, SANTA MARIA

Thursday, January 9, 2020 • 5:00 p.m.

Dinner served

1325 East Church Street, Conference Room, Santa Maria

Registration required. For Santa Maria program please telephone 805.219.HOPE (4673) or go online: <https://www.eiseverywhere.com/497588>

MISSION HOPE CANCER CENTER, ARROYO GRANDE

Friday, January 10, 2020 • 12:00 noon

Luncheon served

850 Fair Oaks Avenue, Third Floor Conference Room, Arroyo Grande

Registration required. For Arroyo Grande program please telephone 805.474.5300 or go online: <https://www.eiseverywhere.com/501100>

Please register by Tuesday, January 7, 2020

“Ultimately, our goal is to heal the body, mind, and spirit, helping patients find meaning during this difficult process.”

—Arash Asher, MD

FREE LEGAL INFORMATION

Taking Control: Effective Planning and Sound Finances in the Face of Serious Illness

With careful planning and support, everyone can achieve a feeling of well-being—even while confronting a life-threatening illness. We are pleased to welcome local experts to offer practical information and answer questions at no charge. These experienced attorneys will explain the steps and documentation needed for effective financial planning. These discussions will include a variety of important topics:

- Taking care of yourself and your family
- Taking care of your property
- Writing your Five Wishes Living Will document
- Pros and cons of living trusts
- How to select an executor
- Helpful planning information

The lives of cancer patients are often turned inside out. Savings can be depleted, jobs may be jeopardized and priorities may change. Financial planning is an important step to take to make sure finances are secure. Even if you took care of your estate planning years ago, your trust/will/advance healthcare directive should be reviewed periodically, especially after a life-changing event such as a cancer diagnosis. Attendees will receive a free gift of Five Wishes: the easy-to-use living will document. Five Wishes is unique among all other living will and health agent forms because it speaks to all of a person’s needs: medical, personal, emotional and spiritual. Five Wishes also helps to guide and structure discussions with your family and physician, making conversations easier. Join us to get the guidance you need to complete this important task. **Due to the important nature and popularity of these classes, please call early to reserve your seat.**

MISSION HOPE CANCER CENTER, ARROYO GRANDE

Tuesday, January 21, 2020 • 5:00 p.m.

J Johnson and Hannah Johnson, J Johnson Law Office

Refreshments served

850 Fair Oaks Avenue, Third Floor Conference Room, Arroyo Grande

Reservations are required; please call to register: 805.474.5300

MISSION HOPE CANCER CENTER, SANTA MARIA

Wednesday, January 22, 2020 • 5:00 p.m.

Michael S. Hardy, Attorney at Law

Refreshments served

1325 East Church Street, Conference Room, Santa Maria

Reservations are required; please call to register: 805.219.HOPE (4673)

Additional details about these and other events available at our NEW website: www.missionhopecancercenter.com

Back
by Popular
Demand!



J Johnson, Attorney



Hannah E. Johnson,
Attorney



Michael S. Hardy,
Attorney

What is a Nurse Navigator?

Nurse Navigators are specialized Registered Nurses who guide patients through their cancer journey. They provide education and support, and they help connect patients to other supportive services, such as social work or nutritional counseling. Every patient has access to our Nurse Navigators free of charge. Our Cancer Centers have a team of four nurse navigators and a lay navigator, each of whom is an expert in one or several types of cancer.

MEET YOUR SANTA MARIA MISSION HOPE NURSE NAVIGATORS



805.346.3401

Sean Hunt, RN, BSN, OCN

Sean provides much needed information to cancer patients and their families. He provides patients with a survivorship care plan, which provides a record of treatment and cancer history. As a cancer survivor of leukemia, he is able to speak from experience and is a valuable addition to the navigator staff.

Patient Specialties: Survivorship, Men’s Support, Prostate Cancer, Prostate Screening and Prostate Genetic Testing, Support for all Cancers



805.346.3463

Carol Lowe, RN, OCN

Carol brings over 35 years of knowledge and expertise to help patients navigate the complexities of the health care system. Carol facilitates screening programs that help offer essential community preventative services in an effort to detect cancer early and improve overall health outcomes.

Patient Specialties: Chemotherapy Education, Screening Programs for Lung, Colon and Skin Cancers, Support for all Cancers



805.346.3405

Julie Neiggemann, RN, MSN

Throughout her nursing career, Julie has loved caring for both adult and pediatric patients in hematology and oncology. As nurse navigator, Julie values delivering health care with empathy and compassion, with a commitment to whole-person care. She is grateful to serve the patients at Mission Hope—particularly those with breast and gynecological cancers.

Patient Specialties: Breast and GYN Cancers, Genetic Testing, Chemotherapy Education

MEET YOUR ARROYO GRANDE MISSION HOPE NURSE NAVIGATOR



805.474.5302

Carol Dichmann, RN, BSN

Carol’s background includes many facets of oncology and hematology—from research to expert hand holder and cheerleader. As an oncology nurse navigator she helps people with cancer feel empowered with knowledge and confidence to make it through their journey of a cancer diagnosis.

Patient Specialties: Support for all Cancers, Chemotherapy Education

MEET YOUR PROMOTOR DE SALUD: LAY NAVIGATOR



805.346.3406

Hector Rodriguez

As a lay patient navigator, Hector is a patient advocate who assists patients in accessing the complicated health care system. He maintains a strong passion for working with the Spanish speaking community and strives to empower patients to stay engaged in their wellness by taking an active role in navigating their cancer journey. His duties include community outreach.

Patient Specialties: Spanish Language Support for all Cancers

How will the Nurse Navigator help me?

Mission Hope understands the importance of helping patients through the complex medical system and offers free navigation services to our patients. Tailored to your needs, your Nurse Navigator can:

- Teach and reinforce information regarding your treatment
- Serve as a liaison to your multidisciplinary care team
- Advocate for you and your family
- Help you determine and overcome barriers to care
- Provide psychosocial support
- Help you navigate the system
- Connect you to supportive services, such as:
 - Distress management/social work
 - Genetic counseling
 - Nutrition counseling
 - Transportation services
 - iThrive Program for better survivorship
 - Cancer Rehabilitation program

For more information about the navigator program or individual staff members, please check out our new website: www.missionhopecancercenter.com



Want to get started? It’s easy!

Meet your Navigator by calling to set up an appointment. Together, you will determine the best ways to meet your unique physical, social, emotional, and even financial needs.

Did you know?

It has been determined by numerous studies that cancer survival rates can be improved with access to patient navigation programs.



Colleen Seung, RDN
Registered Dietitian
Nutritionist

Mindful Eating and Exercise

While you may have heard it is good to practice mindfulness, you may be unsure of how to apply mindfulness in day to day life, particularly with eating and exercise. Being mindful entails being present in whichever activity we are doing. To be present means all our senses are involved—taste, touch, sound, smell, and hearing.

Mindful Eating

Mindful eating allows us to become aware of what we are eating and find pleasure in it. Before eating, we can be mindful by paying attention to our body’s needs and hunger level, which can help us make appropriate food choices without judgement. During eating, mindfulness teaches us to taste and enjoy our food. This can help us recognize feelings of fullness sooner. When we are mindful, we listen to the nurturing voice in our head that tells us what our body needs in that moment.

Mindful Exercise

When one exercises mindfully, the process can be rejuvenating and enjoyable. The purpose of exercise is to feel good. Exercise should not be used as a punishment for eating certain foods. Mindful exercise involves assessing how we feel after exercise—the goal is to help reduce stress levels, improve energy levels, and improve overall well-being. Some exercises that embody mindfulness include qigong, tai chi, and yoga.

Kick-start your senses with the aroma of these delicious muffins baking in your kitchen!

Chocolate Covered Strawberry Muffins

- | | |
|--------------------------------|------------------------------|
| 1 cup whole wheat pastry flour | ¼ cup vegetable oil |
| ¾ cup cocoa powder | ⅓ cup maple syrup |
| ¼ cup flaxseed meal | 2 tsp vanilla |
| 1½ tsp baking powder | ½ cup applesauce |
| ½ tsp baking soda | ¾ cup plain greek yogurt |
| ¼ tsp salt | ⅓ cup chocolate chips |
| 2 eggs | 1½ cups strawberries, diced* |

Directions:

- Preheat oven to 375° F and coat muffin tin with non-stick spray
- Combine first six dry ingredients
- In a separate bowl, whisk syrup and oil, then add eggs, yogurt, vanilla, and applesauce
- Add wet ingredients to dry ingredients, and mix until combined (don’t overmix!)
- Fold in chocolate chips and strawberries
- Spoon mixture into muffin tins; bake 20 to 24 minutes

Yields: 12 muffins

*Fresh or frozen strawberries may be used. For frozen strawberries, I recommend using a food processor to dice strawberries into small pieces (be careful to avoid turning them into a purée).

Fast Fact:

Last fiscal year, **638 patients** were supported through the nutrition counseling program and **66%** of the returning nutrition participants demonstrated at least **one healthy behavior change** they had adopted.

Heart Healthy Habits to Start Now

A heart that beats 80 beats per minute will beat an average of 4,800 times an hour, 115,200 times a day and 42,048,000 times a year. Needless to say it is important to take care of our heart! There are factors that we can’t control like our genetics. However, there are important factors that we absolutely have complete control over: like our nutrition and the amount of physical activity we perform on a daily basis. Get started by implementing one or two and adding more as you see improvement and feel ready.

Here are some simple heart healthy nutritional choices you can add to your meal planning:

- Eat 3–5 servings of vegetables daily like leafy greens and avocado
- Incorporate 2–4 servings of fruit daily
- Try adding whole grains like whole wheat, buckwheat, brown rice, barley and quinoa which may help reduce LDL “bad” cholesterol
- Eat foods with healthy fats—avocado and nuts are good examples. Avoid foods containing partially-hydrogenated vegetable oils as in margarine to reduce trans-fats in your diet. Instead, replace them with better fats, monounsaturated and polyunsaturated fats like olive oil.

Exercise that is going to have the most impact on our heart health is aerobic exercise. Common aerobic exercises include walking, jogging, running, swimming, aquatic exercise classes, bike riding (outdoor or stationary), elliptical machines, rowing machines and group classes like Zumba or dancing.

Cancer Rehab Program Making a Difference for Mission Hope Patients

Last fiscal year, **140 new patients** enrolled in the Cancer Rehabilitation Program. Importantly, **89%** of patients contacted four weeks following their cancer rehabilitation program completion reported the use of continued exercise.



John Malinowski, ATC, CET
Cancer Rehabilitation
Program

It is recommended for us to get 30–60 minutes of moderate intensity physical activity most days of the week. The exercise can be split up into shorter chunks such as three 10-20 minute bouts. Consistency is the key to a heart healthy exercise routine! Start taking care of your heart today with these simple steps.

To learn more along with some helpful tips, come join us for our next Healthy Eating and Active Living class.

Combining the powerful synergy of food and fitness...

HEAL: Healthy Eating and Activity for Living

Led by Colleen Seung, RDN, and John Malinowski, ATC, CET

Mission Hope Cancer Center, Santa Maria • 1325 East Church Street

Thursday, January 9 • 2:00 to 3:00 p.m.
Mindful Eating and Exercise

Thursday, February 6 • 2:00 to 3:00 p.m.
Heart Healthy Habits for Exercise and Nutrition
Please call 805.219.HOPE (4673) to reserve a spot.

Mission Hope Cancer Center, Arroyo Grande
850 Fair Oaks Avenue, Third Floor

Wednesday, January 22 • 3:00 to 4:00 p.m.
Mindful Eating and Exercise

Wednesday, February 26 • 3:00 to 4:00 p.m.
Heart Healthy Habits for Exercise and Nutrition
Please call 805.474.5300 to reserve a spot.

Join us to enjoy free refreshments, delicious recipes, and exercise tips as you learn to incorporate **proper nutrition** and **daily movement** in your life.

Check out our
HEAL classes for
more information
on these subjects.

Relax and Restore Activities for Cancer Patients



Terrie Miley

Terrie Miley began her own path toward healing in 1999 when faced with a life-threatening illness. These days, she is happy to share the tools she used on her journey back to wholeness with others facing similar challenges.



Marcy Montgomery, CMT, LMT
Oncology Massage Therapist

RESERVATIONS REQUIRED:

Santa Maria Classes

Please call Mission Hope, Santa Maria to register:
805.219.HOPE (4673)

Arroyo Grande Classes

Please call Mission Hope, Arroyo Grande to register:
805.474.5300

Join us for a free fun workshop to exercise your creativity

SoulCollage® Class

Terrie Miley, facilitator

SoulCollage® is an art therapy activity suitable for everyone, offering a visual way to discover your feelings and inner wisdom. Originated by Seena B. Frost, SoulCollage® leads participants in a collage process that promotes healing and self-discovery while encouraging recovery, respite and renewal. No special artistic ability or previous experience is necessary. Materials are provided.

MISSION HOPE CANCER CENTER, SANTA MARIA

Fridays: January 10 and February 14 • 1:00 p.m.

MISSION HOPE CANCER CENTER, ARROYO GRANDE

Fridays: January 24 and February 28 • 1:00 p.m.

New class for women...

Women’s Wisdom Circle Support Group

Terrie Miley, facilitator

You are invited to join us to share your experiences, your joys, your challenges as we witness each other’s lives. This supportive environment in conjunction with planned self-discovery activities is designed to help every woman feel nurtured and ready to tackle the challenges of her life.

MISSION HOPE CANCER CENTER, SANTA MARIA

Fridays: January 17 and February 7, 21 • 2:00 p.m.

Back to Mission Hope by popular demand!

Chair Massage

Marcy Montgomery, CMT, LMT, Oncology Massage Therapist

A complementary therapy to reduce stress and bolster the immune system, improve circulation and restore energy. Our certified massage therapist provides 15-minute chair massages while client is fully clothed. Feel your tension decrease and your sleep improve. This is a very popular therapy so please book your appointments early as they fill up quickly.

MISSION HOPE CANCER CENTER, SANTA MARIA

Mondays: January 6, 20 and February 3 • 10:00 a.m.

Please see calendar pages for the full list of events, classes and therapies. Mission Hope patients are welcome to attend events at any venue.

You can become separated or unfastened from anxiety, depression, and/or hopelessness with Emotional Freedom Techniques (EFT). Get unstuck!

Unstuck: Freedom is at Your Fingertips

Lindsay Lewis, Life Coach and EFT Practitioner, will be presenting how to use Emotional Freedom Techniques (EFT)—also known as “Tapping”—in your healing journey. This therapeutic modality combines ancient Chinese acupressure and neuroscience for gentle yet rapid healing both physically and emotionally. The practice involves using your fingertips to tap on acupressure points while speaking words and affirmations. This stimulates the body’s meridian points—literally tapping into your body’s own energy and healing power. This unique approach provides a sense of calm, modifying the way the brain processes emotional information. Come learn the tools to help you create new healthy thought patterns and beliefs. You can free yourself to live your best life.

MISSION HOPE CANCER CENTER, SANTA MARIA

Thursday, February 13 • 5:00 p.m.

1325 East Church Street, Conference Room, Santa Maria
Please call to register: 805.219.HOPE (4673)

MISSION HOPE CANCER CENTER, ARROYO GRANDE

Wednesday, February 26 • 5:00 p.m.

850 Fair Oaks Avenue, Third Floor Conference Room, Arroyo Grande
Please call to register: 805.474.5300



Lindsay Lewis
Life Coach and EFT Practitioner

For those overwhelmed by life’s demands, or feeling out of control emotionally, Lindsay’s services aim to introduce clarity and peace for transformation using EFT. She helps her clients on their journey to self discovery, acceptance and self-growth.

The MHCC staff and your continued support help us to provide valuable services for the cancer community in so many beneficial ways. A few examples:

- **Distress Screening Tool:** 904 patients were screened and referred to social support services; 163 received free counseling services with follow up assessments and 720 were connected to other psychosocial supportive services, including financial support, exercise rehab, nutritional counseling, nurse navigator support and spiritual guidance
- **Transportation:** 3,163 patients were transported for cancer care and another 291 patients were supported with financial assistance for transportation needs, totaling \$15,900
- **Financial Assistance:** 257 under/uninsured patients were provided financial assistance for cancer care needs: (63%) female; (52%) Hispanic; (74%) unemployed; (8%) laborers; (52%) under 60 years of age; and (18%) supporting two or more children

Need help with something? Contact your nurse navigator or social worker. (See pages 22-23)

A Heartfelt Thanks to Our Generous Community



Cruzin' for Life's Drive for Cancer Care

■ A prolific supporter of the healing services at Mission Hope Cancer Center Santa Maria, Cruzin' for Life made a significant donation totaling **\$110,000** to the Marian Foundation in support of Marian Cancer Care. Proceeds from this donation represent Cruzin' for Life's 16th annual car show and cruise event. Cruzin' for Life is a volunteer-run organization and holds the title as the most significant organizational Marian Cancer Care funder, donating **\$1,312,900** to the program since 2006.

We are working together to make a lasting impact in the lives of cancer patients. Due to the generosity of the community, we are making a difference and we salute you. Every dollar given supports the patients of Mission Hope Cancer Center.

Marian Regional Medical Center Foundation
1400 East Church St.
Santa Maria, California
805.739.3595

www.Support-MarianMedical.org

Hancock College Basketball to Host Coaches vs. Cancer

■ Join Bulldog Nation in the fight against cancer! On **Wednesday, January 29, 2020**, come out to cheer on the Bulldogs as they play L.A. Pierce for Carney's Coaches vs. Cancer Night. All ticket, t-shirt, and snack bar sales will stay in the community and go towards Mission Hope Cancer Center's full court press on cancer. Held at Joe White Memorial Gymnasium on the AHC Santa Maria campus, the women's game starts at 5:00 p.m., followed by the men's game at 7:00 p.m. For more information on the game, visit athletics.hancockcollege.edu.



Transport to Treatment Program

We are thrilled to announce that thanks to our generous community, we are able to purchase a new wheelchair accessible van for our Transport to Treatment program!

■ The Transport to Treatment program provides safe, comfortable, and reliable transportation for local cancer patients to and from their many appointments at Mission Hope Arroyo Grande. Our new 2019 Dodge Grand Caravan (similar to the one pictured) features flexible seating for ambulatory passengers and wheelchair users. We are able to offer these services through generous community support. If you would like to support the ongoing expenses of the Transport to Treatment program, please call the Arroyo Grande Community Hospital Foundation at 805.994.5421 or visit SupportArroyoGrande.org/transport-to-treatment



Klondike Pizza Fundraiser



■ Klondike Pizza in the Arroyo Grande Village sold Mission Hope Arroyo Grande hats, t-shirts, and ribbons throughout the month of October and donated a portion of their proceeds earned on October 30th, 2019 to Arroyo Grande Community Hospital Foundation to support the Cancer Care Fund.

The restaurant raised a total of **\$2,200** for the Cancer Care Fund,

which provides emotional and financial assistance for patients in need at Mission Hope Arroyo Grande. This includes gas and grocery gift cards, cancer support groups, psychosocial and genetic counseling sessions, diagnostic screenings, and other financial assistance. The Cancer Care Fund aims to remove unnecessary stress for cancer patients, which can diminish their health.



Get your tickets today!
13th Annual Comedy Night
Saturday, March 14, 2020 • Thousand Hills Ranch

All proceeds with benefit cancer programs and services including the cancer rehabilitation program at Mission Hope, Arroyo Grande.

Call for more information: 805.994.5421 or visit our website

We are working together to make a lasting impact in the lives of cancer patients. Due to the generosity of the community, we are making a difference and we salute you. Every dollar given supports the patients of Mission Hope Cancer Center.

Arroyo Grande Community Hospital Foundation
345 S. Halcyon Road
Arroyo Grande California
805.994.5421

www.Support-ArroyoGrande.org

January Classes and Programs: Mission Hope Cancer Center, Santa Maria

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Most classes listed here are held in the Mission Hope Cancer Center, Santa Maria in the Conference Room. For specific location addresses and class details, please see pages 18-21.			1  Office closed for New Year's Day	2	3 8:00 Grupo de Discusión para Hombres con Cáncer
		7 10:00 Cancer Rehab 10:00 Massage Therapy 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment	8 9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 1:00 Art Therapy 4:30 Cancer Rehab 5:00 Caregiver Support Group	9 9:00 Acupressure for Self-Care 2:00 HEAL: Healthy Eating and Activity for Living Mindful Eating and Exercise 5:00 Presentation: Resilient Living 6:00 Cancer Rehab	10 8:00 Men's Cancer Discussion Group 1:00 Soul Collage
13 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment 5:00 SPOHNC, Santa Maria	14 9:00 Lymphedema Prevention Exercise 10:30 Tai Chi Chuan Class	15 9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 4:30 Cancer Rehab	16 9:00 Acupressure for Self-Care 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 5:00 Presentation: Skin Cancer Mindfulness 6:00 Cancer Rehab	17 8:00 Grupo de Discusión para Hombres con Cáncer 2:00 Women's Wisdom Circle	
20 10:00 Cancer Rehab 10:00 Massage Therapy 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment	21 9:00 Lymphedema Prevention Exercise 9:30 Look Good Feel Better 10:30 Tai Chi Chuan Class 2:00 Energy Balancing	22 9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 5:00 Presentation: Financial Planning	23 9:00 Acupressure for Self-Care 6:00 Cancer Rehab	24 8:00 Men's Cancer Discussion Group	
27 10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment	28 9:00 Lymphedema Prevention Exercise 10:30 Tai Chi Chuan Class 3:00 Book Club	29 9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class	30 9:00 Acupressure for Self-Care 2:00 Spanish Support Group Apoyo y educación para personas con cáncer 6:00 Cancer Rehab	31	

January Classes and Programs: Mission Hope Cancer Center, Arroyo Grande

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Most classes listed here are held in the Mission Hope Cancer Center, Arroyo Grande on the third floor located within the Matthew Will Memorial Medical Center. For specific location addresses and class details, please see pages 18-21.			1  Office closed for New Year's Day	2	3
		7 2:00 Acupressure for Self-Care 5:00 Caregiver Support Group	8 2:00 Acupressure for Self-Care 5:00 Caregiver Support Group	9 1:00 Men's Cancer Discussion Group 2:30 Living with Cancer General Support Group	10 12:00 Presentation: Resilient Living
13 2:00 Spanish Support Group Apoyo y educación para personas con cáncer 2:00 Energy Balancing	14 2:00 Acupressure for Self-Care 2:00 Energy Balancing	15 10:00 Look Good Feel Better 5:00 Presentation: Art and Cancer Awareness Event for Women	16	17	
20 10:00 Grupo de Discusión para Hombres con Cáncer 2:00 Energy Balancing	21 2:00 Acupressure for Self-Care 3:30 SPOHNC Head and Neck Cancer Support Group Nutrition Tips Presentation with Colleen Seung, RDN 5:00 Presentation: Financial Planning	22 3:00 HEAL: Healthy Eating and Activity for Living Nutrition Tips Presentation	23 2:30 Living with Cancer General Support Group	24 1:00 Soul Collage	
27 2:00 Acupressure for Self-Care	28 2:00 Acupressure for Self-Care	29	30	31	

February Classes and Programs: Mission Hope Cancer Center, Santa Maria

<div>3</div> <div>10:00 Cancer Rehab 10:00 Art Therapy 10:00 Massage Therapy 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment</div>	<div>4</div> <div>8:00 Comida para la Vida (Spanish) 9:00 Lymphedema Prevention Exercise 10:30 Tai Chi Chuan Class</div>	<div>5</div> <div>9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 4:30 Cancer Rehab 5:00 Caregiver Support Group</div>	<div>6</div> <div>9:00 Acupressure for Self-Care 2:00 HEAL: Healthy Eating and Activity for Living Heart Healthy Habits for Exercise and Nutrition 6:00 Cancer Rehab</div>	<div>7</div> <div>8:00 Grupo de Discusión para Hombres con Cáncer 2:00 Women's Wisdom Circle</div>
<div>10</div> <div>10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment 5:00 SPOHNC, Santa Maria Nutrition Tips Presentation with Colleen Seung, RDN</div>	<div>11</div> <div>9:00 Lymphedema Prevention Exercise 10:30 Tai Chi Chuan Class</div>	<div>12</div> <div>9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 12:45 Learn Golf 4:30 Cancer Rehab</div>	<div>13</div> <div>9:00 Acupressure for Self-Care 5:00 Presentation: EFT Workshop 6:00 Cancer Rehab</div>	<div>14</div> <div>8:00 Men's Cancer Discussion Group 1:00 Soul Collage</div>
<div>17</div> <div><div><div><div>HAPPY</div><div>PRESIDENT'S</div><div>..... DAY</div></div></div><div>Office closed for Presidents' Day</div></div>	<div>18</div> <div>9:00 Lymphedema Prevention Exercise 9:30 Look Good Feel Better 10:30 Tai Chi Chuan Class 2:00 Energy Balancing</div>	<div>19</div> <div>9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 4:30 Cancer Rehab 6:00 Family Night Support Group</div>	<div>20</div> <div>9:00 Acupressure for Self-Care 2:00 Lymphoma, Leukemia and Multiple Myeloma Support Group 6:00 Cancer Rehab</div>	<div>21</div> <div>8:00 Grupo de Discusión para Hombres con Cáncer 2:00 Women's Wisdom Circle</div>
<div>24</div> <div>10:00 Cancer Rehab 1:00 Walking into Wellness 2:00 Knitting & Crocheting Group 3:30 Acupuncture Treatment</div>	<div>25</div> <div>9:00 Lymphedema Prevention Exercise 10:30 Tai Chi Chuan Class 3:00 Book Club</div>	<div>26</div> <div>9:00 Cancer Rehab 9:00 Yoga for Healing 10:00 Fight Against Falls Class 4:30 Cancer Rehab</div>	<div>27</div> <div>9:00 Acupressure for Self-Care 2:00 Spanish Support Group Apoyo y educación para personas con cáncer 6:00 Cancer Rehab</div>	<div>28</div> <div>8:00 Men's Cancer Discussion Group</div>
<div>February is National Cancer Prevention Month...</div> <div>Nutrition and healthy lifestyle behaviors assist in cancer prevention, mitigate treatment symptoms and promote recovery. Prevention strategies and screenings save lives!</div> <div>For screening information, please call one of our nurse navigators. (See pages 22-23)</div>				

February Classes and Programs: Mission Hope Cancer Center, Arroyo Grande

3	10:00 Spanish Support Group Apoyo y educación para personas con cáncer 2:00 Energy Balancing	4	2:00 Acupressure for Self-Care 5:00 Caregiver Support Group	5	6	7
10		11	2:00 Acupressure for Self-Care 2:00 Energy Balancing	12	13	14
17	 Office closed for Presidents' Day	18	2:00 Acupressure for Self-Care 3:30 SPOHNC Head and Neck Cancer Support Group	19	20	21
24	10:00 Grupo de Discusión para Hombres con Cáncer 2:00 Energy Balancing	25	2:00 Acupressure for Self-Care	26	27	28
February is National Cancer Prevention Month... Nutrition and healthy lifestyle behaviors assist in cancer prevention, mitigate treatment symptoms and promote recovery. Prevention strategies and screenings save lives! For screening information, please call one of our nurse navigators. (See pages 22-23)						
Calendar depicts weekdays only.						

EVENT LOCATIONS
AND COLOR KEY

● SANTA MARIA (SM)

Allan Hancock College
800 South College Drive

MHCC–SM

Mission Hope Cancer Center
1325 East Church Street

MHW

Marian Health & Wellness Center
1207 East Main Street

New venue!

● ARROYO GRANDE (AG)

MHCC–AG

Mission Hope Cancer Center, AG
850 Fair Oaks Avenue, Third Floor

● SAN LUIS OBISPO (SLO)

HCRC

Hearst Cancer Resource Center
1941 Johnson Avenue, Suite 201

● PASO ROBLES

Oak Park Chet Dotter

Senior Community Center
801 28th Street

Getting Started at Mission Hope

Patient Orientation Class

(For Mission Hope Patients only—
Arroyo Grande and Santa Maria)

A cancer diagnosis often requires navigating an unfamiliar world. Get to know us and our services so we can take this journey together.

● Mission Hope Cancer Center, SM

RESERVATION REQUIRED;
PLEASE CALL 805.346.3402 (ENGLISH)

DISPONIBLE EN ESPAÑOL.

FAVOR DE LLAMAR PARA UNA CITA A
805.346.3406

● Mission Hope Cancer Center, AG

RESERVATION REQUIRED;
PLEASE CALL 805.474.5303

Acupressure for Self-Care

This class offers a combination of a breathing meditation and self-applied acupressure to help you experience your healing power.

● Mission Hope Cancer Center, SM

JAN 9, 16, 23, 30 & FEB 6, 13, 20,
27; 9:00 AM

RESERVATION REQUIRED;
PLEASE CALL 805.219.HOPE (4673).

● Mission Hope Cancer Center, AG

JAN 7, 14, 21, 28 & FEB 4, 11, 18,
25; 2:00 PM

RESERVATION REQUIRED;
PLEASE CALL 805.474.5300.

Acupuncture Treatments

Acupuncture has long been used to help restore balance to the mind and body and to boost immunity. Schedule a free appointment with a licensed acupuncturist to manage the side effects of cancer treatment.

● Mission Hope Cancer Center, SM

JAN 6, 13, 20, 27 & FEB 3, 10, 24
3:30 PM

RESERVATION REQUIRED;
PLEASE CALL 805.219.HOPE (4673).

DONATIONS SUGGESTED

● Hearst Cancer Resource Center, SLO

JAN 27 & FEB 24; 1:30–2:30 PM

RESERVATION REQUIRED;
PLEASE CALL 805.542.6234.

Spanish Groups • En Español:

Apoyo y Educación para
Personas con Cáncer

Si usted o alguien de su familia sufre de cáncer acompañenos para discutir temas de como combatir y sobrevivir la enfermedad.

New location!

● Mission Hope Cancer Center, SM

JAN 30 & FEB 27; 2:00 PM

● Mission Hope Cancer Center, AG

JAN 6 & FEB 3; 10:00 AM

● Oak Park Chet Dotter Senior
Community Center, Paso Robles

JAN 28 & FEB 25; 4:00 PM

Aquatic Therapy Class

Exercising in water reduces the impact on joints by 50% and the properties of water allow you to do more than you can on land. Benefits include more range of motion, joint flexibility and pain reduction.

● Allan Hancock College, SM

RESERVATION REQUIRED;
PLEASE CALL 805.346.3413.

★Art Therapy Class

Art workshop using varied materials and techniques to help boost creative expression.

● Mission Hope Cancer Center, SM

JAN 8; 1:00 PM & FEB 3; 10:00 AM

RESERVATION REQUIRED;
PLEASE CALL 805.219.HOPE (4673).

● Hearst Cancer Resource Center, SLO

JAN 20; 11:00 AM

★Book Club

Reading makes your imagination come to life, taking you away from whatever hardships you are facing. Our much loved book club is back!

● Mission Hope Cancer Center, SM

JAN 28 & FEB 25; 3:00 PM

CALL FOR INFORMATION OR MONTHLY
BOOK TITLE: 805.346.3402.

Breast Cancer Support Group

Women gather to share valuable information and resources.

● Hearst Cancer Resource Center, SLO

JAN 7 & FEB 4; 5:30 PM

Caregiver Support Group

A forum for people to get together with those who understand their concerns, share helpful strategies, lend support and encouragement.

● Mission Hope Cancer Center, SM

JAN 8 & FEB 5; 5:00 PM

● Mission Hope Cancer Center, AG

JAN 7 & FEB 4; 5:00 PM

● Hearst Cancer Resource Center, SLO

JAN 2, 16 & FEB 6, 20; 6:00 PM

Cancer Rehabilitation

A 12-week program that includes group, individual and aquatic exercise designed to help you meet your fitness goals. Each participant meets one-on-one with our Certified Exercise Trainer for an individualized program.

● Marian Health & Wellness Center, SM

RESERVATION REQUIRED; SCHEDULE
AN ASSESSMENT AT 805.346.3413.

Clase en Español:

Comida para la Vida

Exploraremos los fundamentos de la alimentación balanceada y discutiremos una alimentación saludable en beneficio de toda la familia. Únete a nuestra dietista y al intérprete en la clase de nutrición bilingüe.

● Mission Hope Cancer Center, SM

JAN 7 & FEB 4; 8:00 AM

FAVOR DE LLAMAR PARA UNA CITA A
805.346.3406.

Energy Balancing

Energy balancing therapy encourages a free and balanced flow of energy, enhancing the body’s natural ability to heal itself. Trained facilitators work silently over various energetic points around the body using a light touch to aid in relaxation, ease muscle tension and decrease stress and pain in cancer patients.

● Mission Hope Cancer Center, SM

JAN 21 & FEB 18; 2:00 PM

RESERVATION REQUIRED;
PLEASE CALL 805.219.HOPE (4673).

● Mission Hope Cancer Center, AG

JAN 6, 14, 20 & FEB 3, 11, 24;
2:00 PM

RESERVATION REQUIRED;
PLEASE CALL 805.474.5300.

● Hearst Cancer Resource Center, SLO

JAN 13, 27 & FEB 10, 24; 11:00 AM
RESERVATION REQUIRED;
PLEASE CALL 805.542.6234.

Family Night Support Group

Children with cancer and their families are invited to join us for dinner, followed by age-appropriate activities in English and Spanish.

● Mission Hope Cancer Center, SM

FEB 19; 6:00 PM

RESERVATION REQUIRED; PLEASE CALL
805.219.HOPE (4673) (ENGLISH)
OR 805.346.3406 (SPANISH).

Fight Against Falls
Exercise Class

This class provides participants with the knowledge to reduce the risk of falls in addition to conditioning the muscles to battle muscle fatigue and gain strength.

● Marian Health & Wellness Center, SM

JAN 8, 15, 22, 29 & FEB 5, 12, 19,
26; 10:00 AM

RESERVATION REQUIRED;
PLEASE CALL 805.346.3413.

Guided Meditation Class

Learn to live life more peacefully in order to handle challenges with calmness and compassion.

● Hearst Cancer Resource Center, SLO

FEB 5; 5:00 PM



iThrive Wellness Program

A free online web application that creates a personalized wellness plan for cancer survivors, iTHRIVE can help you heal from treatment, reduce the risk of recurrence and achieve optimal wellness.

SET UP AN APPOINTMENT TO GET
STARTED TODAY!

Mission Hope Cancer Center, SM

PLEASE CALL ASHLEY HAHN,
MISSION HOPE, SM: 805.346.3402

Mission Hope Cancer Center, AG

PLEASE CALL JENNI DAVIS,
MISSION HOPE, AG: 805.474.5303

HEAL: Healthy Eating
and Activity for Living

Our Registered Dietitian and Fitness Trainer join forces for an exciting class which combines delicious recipes and nutrition advice with practical exercise tips.

● Mission Hope Cancer Center, SM

JAN 9; 2:00 PM

Topic: Mindful Eating and Exercise

FEB 6; 2:00 PM

Topic: Heart Healthy Habits for
Exercise and Nutrition

RESERVATION REQUIRED;
PLEASE CALL 805.219.HOPE (4673).

● Mission Hope Cancer Center, AG

JAN 22; 3:00 PM

Topic: Mindful Eating and Exercise

FEB 26; 3:00 PM

Topic: Heart Healthy Habits for
Exercise and Nutrition

RESERVATION REQUIRED;
PLEASE CALL 805.474.5300.

Learn Golf

The group meets on a 12-hole, par 3 portion of the golf course to learn the rules of golf along with tips on putting, chipping and hitting a tee shot. Instruction is also provided on stretching, flexibility and balance.

Monarch Dunes, Nipomo

FEB 12; 12:45 PM

RESERVATION REQUIRED;
PLEASE CALL 805.346.3413.

Living with Cancer
General Support Group

Informal support group provides information for all diagnoses. Learn and share as you benefit from the experience of those who have gone through it.

● Mission Hope Cancer Center, AG

JAN 9, 23 & FEB 13, 27; 2:30 PM

FOR MORE INFORMATION, PLEASE
CALL 805.474.5300 OR 805.474.5303.

● Hearst Cancer Resource Center, SLO

JAN 2, 16 & FEB 6, 20; 6:00 PM

RESERVATION REQUIRED;
PLEASE CALL 805.542.6234.

Classes continue

Look Good Feel Better

Free program teaches skincare and make-up techniques to mitigate appearance-related side effects of cancer treatments. Sign up now for this fun class to receive a complimentary cosmetic kit to get started!

● **Mission Hope Cancer Center, SM**
JAN 21 & FEB 18; 9:30 AM
PARTICIPANT REGISTRATION AT
WWW.LOOKGOODFEELBETTER.ORG
OR CALL 805.219.HOPE (4673).

● **Mission Hope Cancer Center, AG**
JAN 15 & FEB 19; 10:00 AM
PARTICIPANT REGISTRATION AT
WWW.LOOKGOODFEELBETTER.ORG
OR PLEASE CALL 805.474.5300.

(Beauty and You)

● **Hearst Cancer Resource Center, SLO**
FEB 5; 10:00 AM
RESERVATION REQUIRED; PLEASE CALL
805.542.6234.

Lymphedema Education

An accumulation of protein-rich fluid causing swelling in the body, lymphedema can lead to infection and other problems. A certified lymphedema specialist reviews common symptoms and how to manage them.

● **Hearst Cancer Resource Center, SLO**
JAN 7 & FEB 11; 1:00 PM

Lymphedema Prevention Exercise

Therapeutic exercise class designed for breast cancer survivors and those battling chronic conditions.

● **Marian Health & Wellness Center, SM**
JAN 7, 14, 21, 28 & FEB 4, 11, 18, 25; 9:00 AM
RESERVATION REQUIRED; PLEASE CALL
805.346.3413.

Lymphoma, Leukemia & Multiple Myeloma (LL&MM)
(All Blood Cancer Support Group)

Established to help individuals and their families cope with diagnosis, before, during and after treatment.

● **Mission Hope Cancer Center, SM**
JAN 16 & FEB 20; 2:00 PM
● **Hearst Cancer Resource Center, SLO**
JAN 8 & FEB 12; 1:00 PM

✧Massage Therapy

A popular complementary therapy, massage can help to bolster the immune system, improve circulation and restore energy. Fifteen minute chair massages (patients remain fully clothed) provided by a certified massage therapist.

● **Mission Hope Cancer Center, SM**
JAN 6, 20 & FEB 3; 10:00 AM
RESERVATION REQUIRED;
PLEASE CALL 805.219.HOPE (4673).

Men's Cancer Discussion Group

This group provides a relaxed forum for men to discuss issues, exchange information and get answers to their concerns. Some meetings feature educational talks.

● **Mission Hope Cancer Center, SM**
JAN 10, 24 & FEB 14, 28; 8:00 AM
● **Mission Hope Cancer Center, AG**
JAN 9 & FEB 13; 1:00 PM
RESERVATION REQUIRED;
PLEASE CALL 805.474.5300.

Men's Spanish Group (Español)

Grupo de Apoyo Para Hombres con Cáncer y Sobrevivientes de Cáncer

Hombres encargados del cuidado de pacientes con cancer y familiares (hombres) son bienvenidos. Tome la oportunidad de aprender e intercambiar informacion relacionada con todos los tipos de cáncer y asi como el cuidado de su salud.

● **Mission Hope Cancer Center, SM**
JAN 3, 17 & FEB 7, 21; 8:00 AM
● **Mission Hope Cancer Center, AG**
JAN 20 & FEB 24; 10:00 AM
FAVOR DE LLAMAR PARA UNA RESERVACIÓN A 805.346.3406.

✧Pilates Exercise Class

This class will help participants develop strength, flexibility, and body awareness with exercise geared to the rehabilitative needs of those with a cancer diagnosis.

● **Hearst Cancer Resource Center, SLO**
JAN 9 & FEB 13; 2:00 PM
RESERVATION REQUIRED;
PLEASE CALL 805.542.6234.

Prostate Cancer Support Group

Open discussions about a prostate cancer diagnosis and treatment options as well as objective information and solutions shared.

● **Hearst Cancer Resource Center, SLO**
JAN 20 & FEB 17; 6:30 PM

Qigong Class

Gigong is a Chinese health and spiritual development system that lowers stress, increases vitality, and aids healing. It consists of slow flowing movements and deep breathing.

● **Hearst Cancer Resource Center, SLO**
JAN 6, 20 & FEB 3; 5:00 PM

✧Soul Collage

SoulCollage is an art therapy that offers a visual way to discover your inner wisdom. This creative outlet has been used successfully in the treatment of trauma and life's major transitions. Materials are provided.

● **Mission Hope Cancer Center, SM**
JAN 10 & FEB 14; 1:00 PM
RESERVATION REQUIRED;
PLEASE CALL 805.219.HOPE (4673).
● **Mission Hope Cancer Center, AG**
JAN 24 & FEB 28; 1:00 PM
RESERVATION REQUIRED;
PLEASE CALL 805.474.5300.

✧SPOHNC, Santa Maria
(Support for People with Oral, Head, and Neck Cancer, Inc.)

These meetings offer information and practical support to address the particular challenges of oral, head and neck cancer. All welcome.

● **Mission Hope Cancer Center, SM**
JAN 13 & FEB 10*; 5:00 PM
● **Mission Hope Cancer Center, AG**
JAN 21* & FEB 18; 3:30 PM
RESERVATION REQUIRED;
PLEASE CALL 805.474.5300.

*Speaker: Colleen Seung, RDN, Nutrition Tips

Tai Chi Chih

The slow gentle movements of Tai Chi Chih along with deep breathing help to improve well-being, balance, flexibility and stamina.

● **Hearst Cancer Resource Center, SLO**
JAN 8, 15, 22, 29 & FEB 5, 12, 19, 26; 11:00 AM

Tai Chi Chuan

Originally developed as a martial art, Tai Chi Chuan has evolved into a health exercise that can benefit persons of any age or fitness level. The slow, rhythmic movements help to improve circulation and foster relief and healing.

● **Mission Hope Cancer Center, SM**
JAN 7, 14, 21, 28 & FEB 4, 11, 18, 25; 10:30 AM
RESERVATION REQUIRED;
PLEASE CALL 805.219.HOPE (4673).

✧Visioning Collage

Unleash your creative spirit! Using colorful pictures and meaningful words and phrases, each participant creates a collage to inspire and motivate in a personal way.

● **Hearst Cancer Resource Center, SLO**
JAN 9 & FEB 13; 5:30 PM

Walking Into Wellness

Regular walking improves overall health and wellness and helps to reduce the cancer-related symptoms of fatigue, weakness and nausea. Reap the benefits with us!

● **Mission Hope Cancer Center, SM**
JAN 6, 13, 20, 27 & FEB 3, 10, 24; 1:00 PM
RESERVATION REQUIRED;
PLEASE CALL 805.346.3413.

Warm Yarns Knitting and Crocheting Support Group

All levels are welcome; instructions, needles and yarn are provided.

● **Mission Hope Cancer Center, SM**
JAN 6, 13, 20, 27 & FEB 3, 10, 24; 2:00 PM

● **Hearst Cancer Resource Center, SLO**
JAN 7, 14, 21, 28 & FEB 4, 11, 18, 25; 3:00 PM

✧NEW CLASSES

Patient, survivor or caregiver: you are invited!

The classes at Mission Hope are designed to be of benefit to current patients, survivors and their caregivers. Mission Hope patients are welcome to attend events at any venue. For the most current information, please check out our new website:

www.missionhopecancercenter.com

✧Women's Wisdom Circle

This supportive environment, in conjunction with self-discovery activities, is designed to help every woman feel nurtured and ready to tackle the challenges of her life.

● **Mission Hope Cancer Center, SM**
JAN 17 & FEB 7, 21; 2:00 PM
RESERVATION REQUIRED;
PLEASE CALL 805.219.HOPE (4673).

Yoga for Cancer Patients and Survivors

All levels welcome to experience the healing power of yoga. The practice of yoga activates the metabolism, improves balance and stabilizes posture, as you build strength and flexibility.

Yoga for Healing

Focus on breath and alignment postures while releasing tension and stress. Please bring a yoga mat.

● **Mission Hope Cancer Center, SM**
JAN 8, 15, 22, 29 & FEB 5, 12, 19, 26; 9:00 AM
RESERVATION REQUIRED;
PLEASE CALL 805.219.HOPE (4673).

Restorative Yoga

Deep passive stretching achieved by using bolsters and blankets. Please bring a yoga mat.

● **Hearst Cancer Resource Center, SLO**
JAN 13, 27 & FEB 10, 24; 5:00 PM
RESERVATION REQUIRED; PLEASE CALL
805.542.6234.

Nutritional Counseling Available

We are here to help with specific dietary issues before, during, or after treatment. Schedule your one-on-one consultation with a Registered Dietitian today!

● **Mission Hope Cancer Center, Santa Maria**
RESERVATION REQUIRED;
PLEASE CALL 805.219.HOPE (4673)

● **Mission Hope Cancer Center, Arroyo Grande**
RESERVATION REQUIRED; PLEASE CALL 805.474.5300

● **Hearst Cancer Resource Center, San Luis Obispo**
RESERVATION REQUIRED; PLEASE CALL 805.542.6234



Mission Hope Cancer Center, Santa Maria

Mission Hope Cancer Center, SM
1325 East Church Street, Suite 102, Santa Maria, California
805.219.HOPE (4673) • Se habla español: 805.346.3406
www.missionhopecancercenter.com

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Mission Hope Cancer Center, Santa Maria Phone Numbers

FIRST FLOOR:
Marian Cancer Care805.219.HOPE (4673)
Marian PET/CT Center 805.346.3470
Radiation Oncology 805.925.2529

SECOND FLOOR:
Marian Breast Imaging Center 805.346.3490
Mission Hope Surgical Oncology 805.346.3456
Christopher V. Lutman, MD, FACOG, Gynecologic Oncologist
Monica A. Rocco, MD, FACS, Breast Surgeon

THIRD FLOOR:
Medical Oncology805.349.9393
Mission Hope Infusion Center 805.346.3419
Mission Hope Lab (Office hours: 7:30 a.m. to 4:30 p.m.) 805.346.3480

Dignity Health Central Coast

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Clinical Trial Information
805.346.3464



Mission Hope Cancer Center, Arroyo Grande

Mission Hope Cancer Center, AG
850 Fair Oaks Avenue, Arroyo Grande, California
805.474.5300
www.missionhopecancercenter.com

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Colleen Seung, RDN
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Colleen.Seung@dignityhealth.org



Located in a new building behind
Arroyo Grande Community Hospital.

Mission Hope Cancer Center, Arroyo Grande Phone Numbers

FIRST FLOOR:
Arroyo Grande Lab and Imaging.....805.474.5230
(Office hours: 7:00 a.m. to 5:00 p.m.)

THIRD FLOOR:
Cancer Resource Center 805.474.5300
Medical Oncology805.474.5310
Mission Hope Infusion Center805.474.5325

French Hospital
Medical Center

Hearst Cancer Resource Center
1941 Johnson Avenue, Suite 201
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